

# MUSTANGS

## EXTRACURRICULAR ACTIVITIES



## INFORMATION HANDBOOK

**2026-2027**

This handbook and all the latest **Mustang Sports** information can be found at:  
**BOUND APP**



**The Minnesota State High School League is organized for the following educational purposes:**

1. To provide promote, extend, manage and administer a program of activities for youth of the schools of the state on subsection, section and state levels in the fields of athletics, speech, music and dramatics on a competitive basis, as well as such other curricular and extracurricular activities as may from time to time be sponsored by the schools of Minnesota.
2. To establish uniform and equitable rules for youth in inter-school activities.
3. To elevate standards of sportsmanship and to encourage the growth of responsible citizenship among the students, member schools and their personnel.
4. To protect youth, member schools and their personnel from exploitation by special interest groups.
5. To provide mutual benefit and relief plans for the assistance of school students injured in athletic events or supervised school activities in meeting medical and hospital expenses incurred by reason of such injuries.
6. To serve the best interests of member schools and their students by providing a medium of cooperation and coordination in educational fields of endeavor and a series of related activities on a state-wide basis, which they individually could not achieve or accomplish for their students and which aid and assist the schools in maintaining a constantly improved program.

**MISSION STATEMENT**

The Minnesota State High School League provides educational opportunities for students through interscholastic athletic and fine arts programs and provides leadership and support for member schools.  
Education and Leadership for a Lifetime

**BELIEFS**

We believe that . . .

- Participation in school activity programs is a privilege and not a right.
- Sportsmanship needs to have a constant presence in all school-based activity programs.
- Students should have an equal opportunity to participate in all activities offered by their school.
- Ethical behavior, dignity and respect are non-negotiable.
- Student participants who choose to be chemically free must be supported.
- Collaborative relationships with parents enhance a school's opportunity to positively impact student success.
- Academic priorities must come before participation in athletic or fine arts activities.
- Positive role models and an active involvement in a student's life by parents and others are critical to student success.
- High school activity programs are designed for student participants, and adults must serve in a supportive role.
- The success of the team is more important than individual honors.
- Compliance with school, community and League rules is essential for all activity participants.
- Participation in school-sponsored activities must be inclusive, not exclusive.
- Ethical behavior, fairness, and embracing diversity best serve students and school communities

**Athletics Director's Message**

The Mustangs enthusiastically supports activities programs as a positive and valuable means of education and recreation when organized along the following guidelines:

1. Athletes are treated as regular students. No special consideration is given them for grades or assignments. You are student-athletes!
2. The activities programs are conducted for the benefit of the participants with maximum concern for safety, health, and well-being.
3. Full allegiance must be given to the Minnesota State High School League and its constitution and by-laws.
4. Coaches and advisors are employed as regular faculty members and just as teachers, are expected to exhaust all legitimate channels for promoting the highest level of excellence in the program that will produce competitive teams within the bounds of good sportsmanship and mental health of the student athlete.
5. All involved must be mindful that participation in activities is a privilege earned by meeting certain expectations. You will get out of your activity what you put into it.
6. All activities have the following roles with certain expectations: coaches coach, players or participants play, officials judge or referee, parents and other spectators watch. At any contest you can have only one role, know your role.
7. Any player, coach, and parent concerns or complaints will be handled as outlined in this handbook. No concerns or complaints will be validated without following this outlined procedure.
8. It is the policy of the Mustang Coop that educational activities and services are offered without regard to race, national origin, sex, religion, disability, or age. The superintendents from each school are the contacts for Section 504 and Title IX compliance.

In pursuance of these policies and beliefs, the activities are organized under the direction of the Athletic Director, who is directly responsible to the Superintendent.

Students are encouraged to participate in at least one of the activities offered by the Mustang Coop to bring added fulfillment to their school experience. With a coop our size we need as many students as we can participating in activities to ensure we have adequate numbers for participation and competition.

Athletic Director  
Dan Alto

### **ATHLETIC TICKET PRICES**

The price of admission tickets is as follows:

| <b>GATE PRICES</b>        | <b>YEARLY PASS PRICES</b> | <b>SEASONAL PASS PRICES</b> |
|---------------------------|---------------------------|-----------------------------|
| ADULT: \$7.00             | FAMILY: \$60.00           | FALL PASS: \$40.00          |
| STUDENT: \$4.00           | ADULT: \$30.00            | WINTER PASS: \$40.00        |
| SENIOR CITIZEN (62+) free | STUDENT: \$10.00          |                             |
|                           |                           |                             |

### **PARENT ACTIVITY FORM INFORMATION:**

Parents/guardians of students in grades 6-12 whose children participate in activities must receive, read, and sign off on the appropriate forms for the activities they participate in from the list that follows, before your child is allowed to practice or participate in Mustang activities:

- 1.) MSHSL eligibility statement and health questionnaire (grades 7-12)
- 2.) MSHSL physical form (grades 6-12)
- 3.) Mustang Coop policies and rules consent form (grades 6-12)

**Students cannot practice or participate in activities until the forms are turned into the coach, advisor, or athletic director.**

### **PHYSICAL EXAMINATIONS FOR ATHLETIC ACTIVITIES (#2 above)**

All students in grades 6-12 who participate in athletics must have a **MSHSL Sports Qualifying Physical Examination** every three years. The physical forms will be kept on record in the athletic director office and students will be notified when the three year time period is about to expire, and a new physical will be needed.

In addition, all parents/guardians of students in grades 7-12 who participate in athletics must complete and sign a **MSHSL Annual Health Questionnaire Form**.

**All physical examinations and health questionnaires must be completed prior to the beginning of practices.**

Copies of the MSHSL sports qualifying physical examination form were sent to you earlier in the summer or are available at the school offices..

Any player who goes to the doctor for an injury will **NOT** be allowed to participate again without a doctor's note allowing the player to once again participate.

### **ATHLETIC AND FINE ARTS ELIGIBILITY INFORMATION (#1 above)**

All parents/guardians and students in grades in 7-12 participating in athletics or fine arts must read and sign the MSHSL eligibility statement (note 6th graders do not need to, but may sign). This eligibility information should be read before signing, as it describes the general rules set forth by the MSHSL, which being a member of the MSHSL the Mustang Coop adheres to.

### **SCHOOL ATHLETIC POLICIES AND RULES**

The following policies and rules are specific to the activities of the Mustang Coop. We have high expectations of our students and our activities programs; thus the following policies and rules exceed the MSHSL policies.

### **Academic & General Eligibility:**

To be eligible for contest or game participation in the following fine art or athletic activities; football, volleyball, girls basketball, boys basketball, baseball, softball, golf, track, band, choir, trap shooting, and knowledge bowl a student-athlete must receive a passing grade in all subjects during the last grading period or quarter and at mid-quarters (STUDENTS ARE STILL EXPECTED TO PRACTICE). This requirement may be waived for special education students with an

IEP if it is determined that their effort is satisfactory and they are making academic progress. This determination will be made by the principal in consultation with parents and teachers, providing a request is made to do so by either the parents or the student. (Note- An incomplete is not considered a passing grade, making the student ineligible until the incomplete is made up.)

## **Grade Ineligibility Policy:**

### **. Mustang Athletics Academic Eligibility Policy**

If a student has not received a passing grade in all classes during the last grading period or quarter they are ineligible to participate in contests or games for a period of two weeks from when the grades are due in the high school office. Grades will be due from teachers to the high school office on Thursday after the end of each quarter. The two week ineligibility period will run from the day after grades are due in the high school office (Friday) for a period of two weeks. At the end of that two week ineligibility period, a student will become eligible to participate in contests or games. The dates students will become eligible again each quarter are listed below. In addition, ANY student not passing all of their current classes at mid-quarter WILL BE INELIGIBLE to participate in contests or games until the student is passing ALL of their current classes. The ineligibility period will begin on Monday following the Friday mid-quarter dates below. Grades will be checked by each student by completing a grade eligibility sheet when they are passing all current classes. These sheets must be signed by each teacher and have the SAME signed dates by all teachers. Once passing all of their current classes, have completed the grade eligibility sheet, and have it signed by the AD students will remain eligible until the end of the current grading period or quarter.

Eligibility Grades will be Quarter 1, Semester 1, Quarter 3, Semester 2. The semester grades will be used because students receive credit each semester. If a student attends summer school to make up a Semester 2 failure, they will be eligible in the fall. If they fail more classes than can be made up in the summer, they would be ineligible in the fall. (summer school or credit recovery may not always be provided by the schools each summer)

### **Ineligibility Grade Check Dates For The 2026 – 2027 School Year:**

**1st Qtr:** Regain quarter eligibility on Thursday, Sept 17 and mid-quarter grade check on Friday, Oct. 2

**Semester 1:** Regain quarter eligibility on Wednesday, Nov 25 and mid-quarter grade check on Friday, Dec. 11

**3rd Qtr:** Regain quarter eligibility on Friday, Feb 12 and mid-quarter grade check on Friday, Feb. 19

**Semester 2:** Regain quarter eligibility on Friday, April 16 and mid-quarter grade check on Friday, April 23

The goal is to keep students on track and allow for a partnership between parents, students, teachers, and coaches to work toward graduation for all students.

## **Team Travel:**

On trips representing the school, each student must bear in mind that his/her behavior reflects not only upon the student but also upon the school and community. Therefore, each student shall be accountable for any adverse publicity that he/she causes. All participants to any activity will travel to an away event with other participants and the sponsor or coach. All participants traveling to Northome or Kelliher for practices and/or home game must travel with school sponsored (bus)

transportation and sponsor or coach unless his/her parent or guardian has completed the transportation release form. **Home from away games** - Athletes are expected to ride home with the team unless they are released to their parent/guardian with written permission on Mustang sign out sheet. (Any exceptions must be worked out with the principal and AD in advance)

### **Attendance Requirements and Standards:**

Students must be present at least the last three class periods prior to an event in order to participate in practice or an event. (For activities requiring students to leave during the school day, students must be present the three (3) class periods prior to their leaving). Exceptions may be made by the AD or Principal under certain circumstances. Students must also be present at the beginning of the school day, the next calendar day AFTER an event, in order to participate in the next or following. For each of the three seasons (fall, winter, and spring), a participant will get one exemption to this rule. For example: If a game is held on a Tuesday and you miss school on Wednesday, you could still play in the next game. This is a one time per season exemption. Any additional absences the day after a game will need to be pre-excused by the athletic director (this includes any exceptions for students with disabilities who are on IEP's or 504 plans) or be accompanied by a signed doctor or dental slip.

Athletes are expected to abide by all the school attendance and behavior guidelines. Student-athletes that are removed from class for ISS, or OSS (in-school or out-of-school suspension) are ineligible as follows: **ISS/MLC** - student is expected to practice, but is ineligible to participate in games or contests for the duration of the ISS/MLC (if ISS/MLC is done on a Tuesday, they can play Tuesday night); **OSS** - student is ineligible to practice or play for the duration of the OSS (if OSS end on a Tuesday, they can play on Wednesday). **Detention:** If a student athlete misses practice due to detention, then they need to refer to the team rules.

### **Courses Eligibility:**

Students planning to attend post-secondary schooling and participate in athletics should consult the counselor to find information regarding NCAA guidelines and application forms. They should do so as early as possible in their high school career.

### **Athletic Equipment and Uniforms:**

The athletic equipment and uniforms are provided to the participants with an understanding that the equipment and uniforms will be taken care of properly. If the equipment is damaged or the uniform torn, the coach should be notified so necessary repairs and/or replacements can be obtained. Care of equipment would follow the understanding that it will be cleaned and kept clean to provide further usage. Uniforms should be washed regularly to prevent staining and wear-and-tear from improper care. Note: Participants are informed that mouth guards are mandatory in football. They are also recommended in volleyball, boys and girls basketball, baseball, and softball. The decision to wear or not to wear in these sports shall be left up to each family.

### **General Conduct and Citizenship:**

The Mustang Coop expects students in activities to be good citizens about school and in the community. A student in activities is in the public eye. When in activities, the student holds a position of influence. It is the student's responsibility to set a good example for other students, and be a credit the Mustangs. Students are also expected to exercise a high state of social maturity through self discipline. Suspensions from an activity may be imposed by the coach, advisor, principal or athletic director for acts of poor citizenship/conduct that are detrimental to the image of the Mustang Coop. Violation suspensions may be appealed to the superintendent of the Mustang Coop school the student attends.

## **SCHOOL SPONSORED ACTIVITIES ON CHURCH NIGHTS**

All practices and rehearsals shall be completed prior to 6:00 pm on Wednesday evenings. In agreement with the local Ministerial Association, no school activities/games will be scheduled for Wednesday evenings whenever possible. This gives students the opportunity to participate in church activities on a weekday basis without interference from the activities programs. Generally, no regular scheduled competitions or practices will be scheduled on Sundays.

## **SUPERVISION AFTER PRACTICES, REHEARSALS, GAMES, AND CONTESTS**

It will be worked out between coaches and advisors that at least one adult will remain at the school until ALL students have left the school grounds after practices or be handed off to the supervision of the transportation departments, both home and away games, and contests.

## **FUND RAISING**

Prior approval by the superintendent, principal, or athletic director must be received to participate in any fundraising endeavors for activities sponsored by the Mustang Coop. All money from approved fundraising efforts must be deposited in the appropriate student accounts as required by the Minnesota Century Code.

## **LETTERING REQUIREMENTS**

A letter or award is a symbol of accomplishment. Its value lies in its implication rather than in its monetary worth. The purpose of an award is to give recognition to participants who exemplify the highest standards and who have met the criteria for such an award. It is important that criteria be determined and published to remove any question about the requirements for receiving an award or letter. Each coach or advisor will determine the specific criteria for earning a letter in his/her activity pertaining to practices, participation, or scoring. Participants will be informed of the criteria prior to the beginning of the activity. The value of activities lies in the participation itself; the award and/ or letter being the symbol of accomplishment.

In order to receive a letter or special award in an activity or sport the participant must meet the following requirements:

1. Maintain academic eligibility and not miss any contests because of academic ineligibility.
2. No absences from competition because of suspension by the MSHSL at any time during the season for a drug, alcohol, or tobacco offense.
3. Coaches or advisors prerogative: this clause is to be used by the coach or advisor to recommend a student for a letter who deserves to letter, but for whatever reason failed to meet the requirements for the particular activity. An example of this, but not limited to this, would be an injury.
4. All athletes must return or hand in all school uniforms and equipment issued to them by the school before they can receive their letter.
5. The specific criteria for lettering in each activity (playing time needed to letter) is determined by the coach or advisor.

**Special Letter:** senior class members who have not lettered will automatically letter in an activity, provided they are a member in good standing in the activity and they participated in the activity for the entire season during grades 10, 11, and 12.

## **RESPONSIBILITIES OF SPORTSMANSHIP: A GOAL FOR EVERYONE**

### **The Player**

- 1.) Treats opponents with respect
- 2.) Plays hard, but plays within the rules
- 3.) Exercises self-control at all times, setting the example for others to follow
- 4.) Respects officials and accepts their decisions without gesture or argument
- 5.) Wins without boasting, loses without excuses, and never quits
- 6.) Always remembers that it is a privilege to represent the school and community

### **The Coach**

- 1.) Treats own players and opponents with respect
- 2.) Inspires in the athletes a love for the game and the desire to compete fairly
- 3.) Is the type of person he/she wants the athletes to be like
- 4.) Disciplines those on the team who display unsportsmanlike behavior
- 5.) Respects the judgment and interpretation of the rules by the officials
- 6.) Knows he/she is a teacher and understands the athletic arena is a classroom

### **The Official**

- 1.) Knows the rules and their interpretations
- 2.) Places welfare of the participants above all other considerations
- 3.) Treats players and coaches courteously and demands the same from them
- 4.) Works cooperatively with fellow officials, timers, and/or scorers for an efficient contest
- 5.) Is fair and firm in all decisions, never compensating for a previous mistake
- 6.) Maintains confidence, poise, and self-control from start to finish

### **The Spectator / Fan**

- 1.) Attempts to understand and be informed of the playing rules
- 2.) Appreciates a good play no matter who makes it
- 3.) Cooperates with and responds enthusiastically to cheerleaders
- 4.) Shows compassion for an injured player, applauds positive performances, never heckles, jeers, or distracts players, and avoids the use of profane, abusive, and obnoxious language and behavior
- 5.) Respects the judgment and strategy of the coach and does not criticize players and coaches for loss of a game
- 6.) Respects property of others and authority of those who administer the competition
- 7.) Censures those whose behavior is unbecoming

## **ATHLETIC OR ACTIVITY CONCERN HANDLING PROCEDURE**

An athletic concern and/or complaint procedures have been developed to handle complaints concerning the athletic program. Information on the procedure is found below:

### **INTRODUCTION:**

This procedure has been developed for the purpose of establishing and maintaining the lines of communications between the schools parents/guardians, students, and coaches and for the resolution of concerns related to the athletic programs. This procedure is a means by which concern(s)/problem(s) about the athletic program can be resolved.

In order to maintain a positive atmosphere and assure that the proper channels of communication will not be circumvented, a procedure has been outlined for the athlete, parent/guardian, coach, and administrator. All participants will adhere to the guidelines as listed below.

Note: This process is not intended to provide a grievance of a rule(s) of the Minnesota State High School League (MSHSL).



## **Parent/Coaching Communication**

### **Parent/Coach Relationship**

Both parenting and coaching are extremely challenging vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to children. As parents, when your children become involved in our programs, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's team.

### **Communication You Should Expect From Your Child's Coach**

- \* Philosophy of the coach
- \* Expectations the coach has for your child as well as all the players on the team
- \* Locations and times of all practices and contests
- \* Team requirements, special equipment, off season conditioning
- \* Procedure should your child be injured during participation
- \* Students actions that may result in the denial of your child's participation

### **Communication Coaches Expect From Parents**

- \* Concerns expressed directly to the coach
- \* Notification of any schedule conflicts well in advance
- \* Specific concern in regard to a coach's philosophy and/or expectations

When your children become involved in the programs at Kelliher High School they will experience some of the most challenging and rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way your child wishes. At these times, the expectation is that the student athlete, not the parent, will initiate a discussion with the coach about the concerns. Any concern a player has should be brought to the attention of the coach. We believe this approach is both the most likely way to a positive end, and a valuable learning experience for the Kelliher student. The coaches have been instructed to encourage this type of dialogue and to promptly set aside time for individual, private appointments when requested.

### **Appropriate Chain of Command**

1. Player
2. Head Coach
3. Athletic Director
4. Superintendent

### **Appropriate Concerns To Discuss With Coaches**

- \* The treatment of your child, mentally and physically
- \* Ways to help your child improve
- \* Concerns about your child's behavior

It is difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As

you have seen from the list above, certain concerns can be and should be discussed with your child's coach. Concerns, other than those already listed, must be left to the player and coach.

### **Issues Not Appropriate to Discuss With Coaches**

- \* Playing time
- \* Team strategy
- \* Play calling
- \* Other students/athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution of the issue of concern.

### **The Procedure to Follow if You Have a Concern to Discuss With a Coach**

1. The student athlete talks with the coach about her/his concern. Most of the time the matter can be taken care of at this time. All coaches should have an open door policy for conferences with players. Players need to have confidence that their concerns will be heard and addressed with respect and confidentiality in a timely manner. Coaches need to be sensitive towards players concerns as related to the perception of negative repercussions from voicing concerns. Players need to voice concerns if they feel strongly about them, as high school athletics are all about the student athletes.
2. Parent(s) are to speak with the coach directly and discuss their concern. (general comments, questions, and information sharing about those issues listed previously are encouraged at any time, as our coaches should have an open door policy toward this type of communication) However, discussion regarding concerns, should not be held during practice time or before/after a contest. A meeting will have to be scheduled at both party's convenience. A coach will not meet with groups of parent(s)
3. If the meeting with the coach does not provide a satisfactory resolution, a meeting with the player, parent(s), coach, and athletic director will be set up. All communications during that meeting will be documented in an attempt to make sure each parties concerns are accurately represented.
4. If the concerns are not resolved after completing the procedure above the player, parent(s), coach, and athletic director may request they all meet with the superintendents of the Mustang Coop, to discuss and clarify the unresolved concerns with the goal of addressing the concerns, so all parties feel their side has been adequately addressed.